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Listing of Claims:

1-6, 9-15, 17. (Canceled)

- 7. (Currently Amended) A method for disrupting cells or tissue comprising placing a sample comprising <u>eukaryotic</u> cells or tissue in a container, adding a nucleic acid stabilizing solution to said container, placing a disruption element <u>having an outer dimension of at least about 6mm and being only slightly smaller than the inside dimension of said container</u> into said container, and employing a <u>said</u> disruption <u>element device</u> for 45 seconds or less, removing cellular debris and other non-RNA materials from said sample, decanting the supernatant from said container, and extracting RNA from the decanted supernatant, and wherein <u>contact between</u> said disruption element <u>is in rolling contact</u> with <u>and</u> the inner surface of said container and said sample <u>consists</u> essentially of rolling contact.
- 8. (Previously presented) The method of claim 7 wherein the sample on which the disruption device is employed is a lymph node sample.
- 16. (Previously presented) The method of claim 7 conducted during the course of a surgical procedure on a sample obtained from a patient during the course of the procedure.